

Example of the Believers

1 and 2 Timothy; Titus; Philemon

Objectives:

- **Reinforces Principles of:**
- Talk about the importance of being a good example.
- Emphasize ways we demonstrate that we are true believers.
- **■** Being an example
- Integrity

This Lesson contains 4 activities:

Choose the activities that fit your family's schedule. Use on Mondays to introduce the topic, or the following Sunday to review.

Reverence Time: Song, prayer, scripture and video clip **Lesson Time:** Lesson summary and points to ponder

Activity Time: Object lesson or activity **Treat Time:** Prayer, theme related recipe



Approximate Time: 5 minutes

Sing Together: "The Church of Jesus Christ" Children's Songbook page 77

If you wish to print sheet music or have an online music file to accompany you visit: https://www.lds.org/music/library/childrens-songbook/the-church-of-jesus-christ

Prayer:

Scripture Time: 1 Timothy 4:12

12 Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.

Video Clip: Watch clips from the Living Scriptures Streaming Library. You can find the clip at

https://www.livingscriptures.com/fhe-lesson-example-of-the-believers



Approximate Time: 10-15 minutes

Lesson

Summary:

These chapters are letters that Paul wrote to other leaders in the church – Timothy, Titus and Philemon. He gives them instructions, encouragement, and reminds them of his love for them. In one of his letters to Timothy, Paul encourages him to be "an example of the believers". Throughout these chapters, Paul teaches how we can be true believers in Jesus Christ, or true Christians.

True Christians trust in the Savior and teach others the gospel. They study the scriptures and pray. They fulfill their callings and keep the commandments. They love and forgive others. What are some other ways we can we be examples of the believers?

Points to

Ponder:

Why is it important to be a good example? (Discuss ideas)

Who are some good examples in your life? (Discuss ideas)

What do you think a "believer" does? (Discuss ideas).

What can you do to be an "example of the believers"? (Discuss ideas)

Quote:

"Through the Holy Spirit of Truth, may we all know "the only true God, and Jesus Christ, whom [He has] sent." (John 17:3.) Then may we live Their teachings and be true Christians in deed, as well as in word." *Elder Jeffrey R. Holland*



What you need: A copy of "Believer Bingo", scissors, and some small items to use as markers

(beans, marshmallows, cereal, etc.)

Preparation: Print enough Bingo Cards that each family member can have one and cut apart.

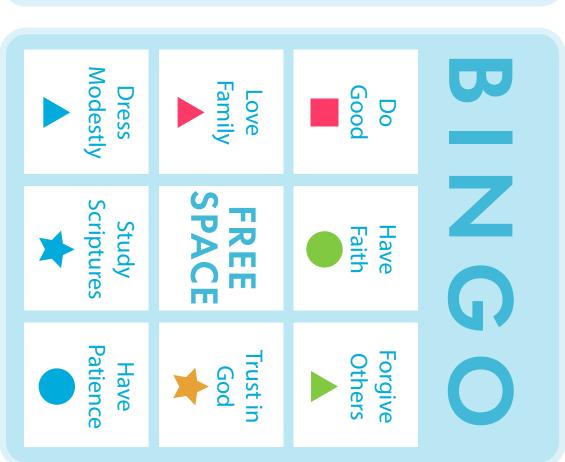
Activity: Explain: Paul taught us to be examples of the believers. As Christians, we bear the name of Jesus Christ. In the chapters we're reading this week, Paul mentions several things that true believers do. Each of the phrases on the BINGO cards are things Paul says we can do

to better follow Jesus Christ and be true believers.

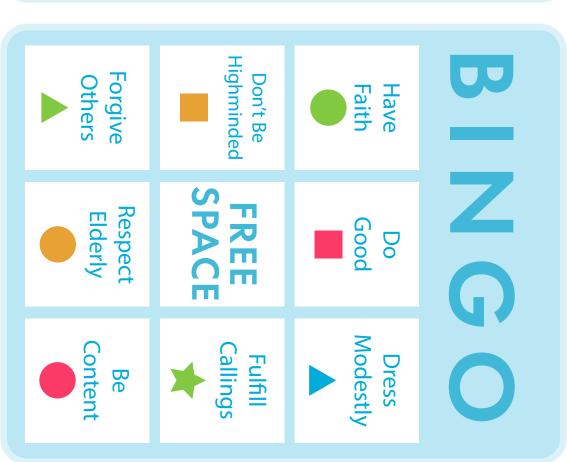
Hand out BINGO cards to family members. Call out phrases from the boxes below one by one and cover with a marker to keep track of which have been called. If family members have the phrase that was called on their card, they also cover their phrase with a marker. If someone covers 3 squares in a row, they call out BINGO and the game is won. Play as many rounds as you like. (Younger family members can use the colors and shapes to more easily find the squares, but may also need help from a parent or older sibling.)

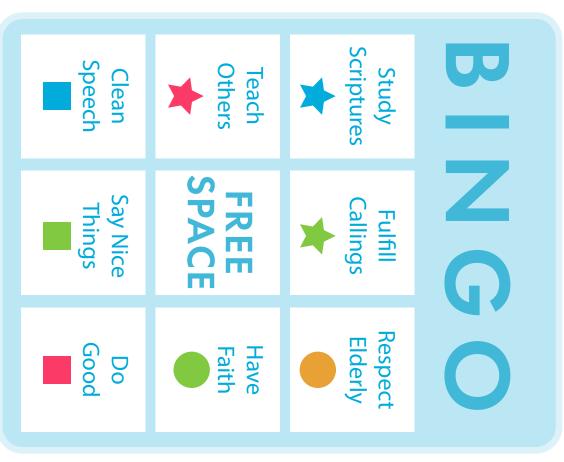
Trust in God 1 Timothy 4:10	Teach Others 1 Timothy 4:11	Study Scriptures 1 Timothy 4:13, 2 Timothy 3:16	Fulfill Callings 1 Timothy 4:14
Respect Elderly 1 Timothy 5:1-3	Be Content 1 Timothy 6:8	Have Patience 1 Timothy 6:11	Have Faith 1 Timothy 6:11
Don't be Highminded 1 Timothy 6:17	Do Good 1 Timothy 6:18	Clean Speech 2 Timothy 2:16	Say Nice Things Titus 3:2
Have Charity 1 Timothy 3:5	Love Family Titus 2:4	Dress Modestly 1 Timothy 2:9	Forgive Others Philemon 1:11-12

Say Nice Things Don't Be Highminded Fulfill Callings A Fulfill Callings A Free Speech Charity A Respect Elderly Elderly



Love Family Clean Speech Speech Patience Charity Say Nice God Things Scriptures









Approximate Time: 45 minutes

Prep Time: 5 minutes Chill Time: 30 minutes Bake Time: 6 minutes

Bear His Name Cookies

2/3 cup butter

1 cup white sugar

2 teaspoons vanilla extract

2 eggs

2 1/2 cups all-purpose flour

1/2 cup unsweetened cocoa powder

1/2 teaspoon baking soda

1/4 teaspoon salt



Cream together the butter or margarine, sugar and vanilla. Add the eggs. In a separate bowl, mix dry ingredients. Gradually add to the creamed mixture and blend. Chill until firm. Preheat oven to 350 degrees F.

Treat Time: Give each child 1 ball for the body (1-inch), 1 ball for the head (3/4-inch), 4 small balls for arms/legs (1/1/2-inch), 2 smaller balls for ears, and 1 tiny ball for the nose. With a toothpick, draw eyes, mouth and a heart (fill in heart with red colored sugar) or use a candy heart. Bake for 6 minutes. Let cool 1 minute.

While the cookies bake talk about the importance being a good example and "bear"-ing the name of Jesus Christ.

Closing Prayer and blessing on the food.